Blue H -Navy Surgeon General's Health Promotion and Wellness Award

22 March 2016

USMC SEMPER FIT Health Promotion Programs

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING/

What is it?

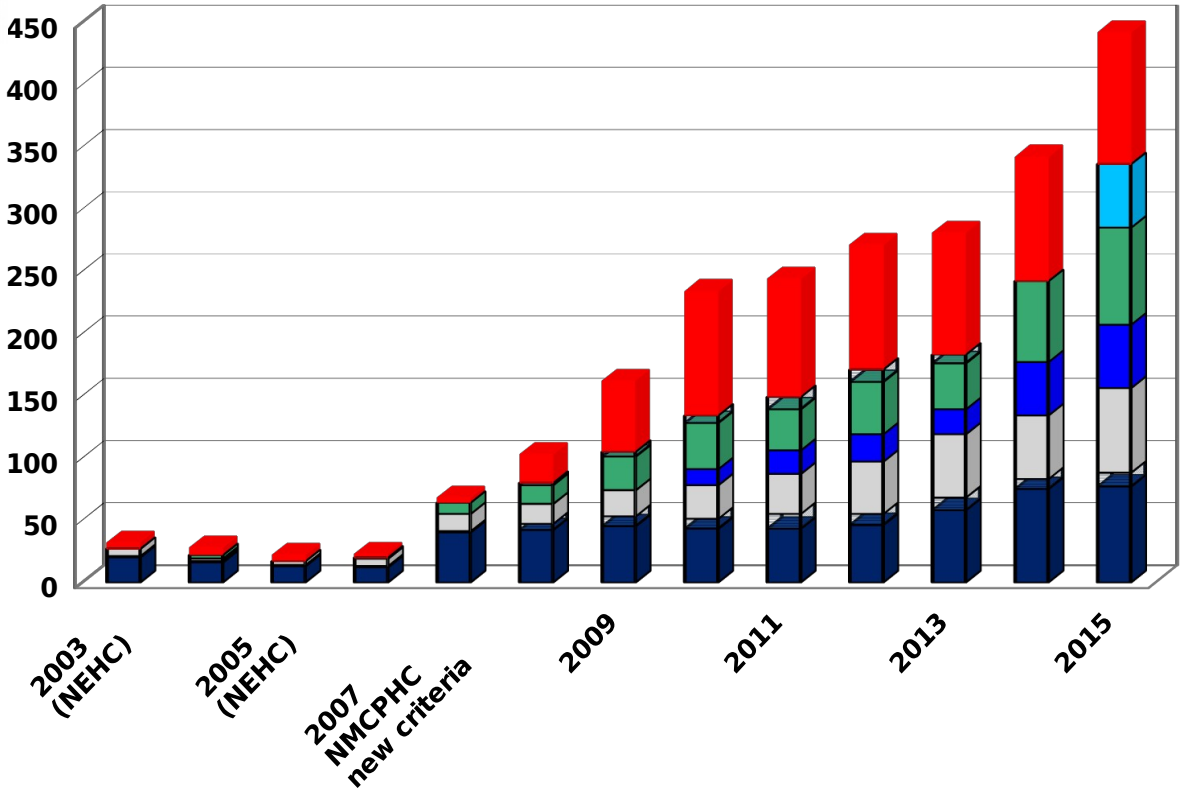
- Annual award for excellence in conduct of health, wellness and fitness activities in USMC SEMPER FIT Centers
- New in 2008
- Owned by Navy Surgeon General – managed by NMCPHC

What is Measured?

- HP Partnerships
- Program Effectiveness
- HP Tools
- SEMPER FIT Elements:
  - Nutrition and Weight Management
  - Tobacco Use Prevention and Cessation
  - Physical Activity
  - Psychological health
  - Sexual Health
  - Chronic Disease Prevention
  - Injury Prevention
- Community Outreach
- Staff Training

Who's Participating?

Navy and Marine Corps Public Health Center
Blue H - Navy Surgeon General's Health Promotion and Wellness Award;
Number and Type of Participating Commands, 2003-2015



Why should SF Centers participate…?

- Measures
  - Conduct of evidence-based / best practice activities
- Enables USMC-wide comparison and analysis

How to participate

- Download spreadsheet and instructions
- Reporting period is the current calendar year
- In January of the following year:
  - Enter your scores into the on-line, Blue H web-tool
  - E-mail completed spreadsheet and CO Letter to NMCPHC

Success

- **BRONZE ANCHOR:**
  - **Every organization that submits a report will receive at least the BRONZE ANCHOR award.**

- **SILVER EAGLE:**
  - **To achieve the SILVER EAGLE level award, accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points.**

- **GOLD STAR:**
  - **To achieve the GOLD STAR level award, accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points.**

Get help

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Blue H website:
http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx